



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Basil

Basil can help restore the body's natural pH levels and feeds healthy bacteria within the gut microflora.

A healthy gut promotes good digestion and boosts immunity.



F4 Parmesan Crusted Chicken with Ratatouille

Chicken tenderloins coated in parmesan cheese and baked until crispy served with a rainbow vegetable ratatouille and fresh basil.



30 minutes



4 servings



Chicken

19 August 2022

Bake it!

Bake the ratatouille instead of cooking it on the stovetop. Cut vegetables and coat with oil, oregano, salt and pepper. Arrange in an oven dish and pour in passata. Cover and bake for 40 minutes until vegetables are tender.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	10g	28g

FROM YOUR BOX

RED ONION	1
MEDIUM EGGPLANT	1
ZUCCHINIS	2
YELLOW CAPSICUM	1
PARMESAN CHEESE	1 packet
TOMATO PASSATA	1 jar
CHICKEN TENDERLOINS	600g
BASIL	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, dried oregano, balsamic vinegar

KEY UTENSILS

large frypan, oven tray, small blender

NOTES

If you don't have a small blender, you can add the ingredients to a bowl or jug and use a stick mixer to blend to a fine crumb.

If you want to speed this dish up, you can skip crumbing the chicken. Coat the tenderloins in oil, oregano, salt and pepper. Pan-fry over medium-high heat until cooked through. Use the parmesan to garnish.



1. COOK THE VEGETABLES

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Wedge red onion and dice eggplant. Slice zucchinis and capsicum. Add to pan along with **1 tbsp oregano**. Cook, stirring for 4-6 minutes.



4. BAKE THE CHICKEN

Coat chicken in **oil**. Spread parmesan crumb onto a plate and press chicken into crumb to coat. Place chicken on a lined oven tray. Bake for 8-10 minutes until golden and cooked through.



2. MAKE PARMESAN CRUMB

Meanwhile, use a small blender to blend 3/4 packet parmesan cheese, **1 1/2 tbsp cornflour** and **3 tsp oregano** to a fine crumb (see notes).



3. SIMMER THE VEGETABLES

Pour tomato passata and **1 tbsp balsamic vinegar** into frypan. Simmer, semi-covered, for 10 minutes until vegetables are tender. Season with **salt and pepper**.



5. FINISH AND SERVE

Roughly chop basil leaves.

Divide ratatouille among bowls along with parmesan chicken. Garnish with remaining parmesan and basil.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

